



## FREGULA KIN ISPARAU E GORGONZOLA

*from*

### **Sweet Myrtle & Bitter Honey**

The Mediterranean Flavors of Sardinia

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### **Fregula kin Isparau e Gorgonzola** *Fregula with asparagus and Gorgonzola*

Serves 4

- 2 tablespoons extra virgin olive oil
- 1 shallot, finely chopped
- 1 medium bunch asparagus, thinly sliced
- 4 cups chicken stock
- 2 cups (12 ounces) fregula
- ½ cup Vermentino wine (or other dry white wine)
- ½ cup Gorgonzola, crumbled
- 2 tablespoons single-orchard extra virgin olive oil
- Sea salt and freshly ground black pepper

Heat the olive oil in a large saucepan over medium heat. Add the chopped shallot and sauté until golden. Add the asparagus and keep stirring for about 3 minutes longer.

In another pot, bring the chicken stock to a boil.

Add the fregula to the asparagus and cook for 2 minutes longer, letting the fregula toast, stirring continuously. Pour in the white wine and cook until liquids are absorbed.

Add the boiling chicken stock to the saucepan. Cook for 10 minutes or until liquid is fully absorbed, continuously stirring. Remove from heat. Stir in the Gorgonzola until fully incorporated then stir in the single-orchard olive oil. Season with salt and pepper to taste. Let the mixture rest for a few minutes before serving.